

Linda Clair
Seven-day Meditation Retreat
Kallara Conference Centre – September 2019
Transcription from Audio Recordings

File 7a – Friday morning guided meditation

So take a few deep breaths into the belly and feel your body. You're still here sitting here in this room. And it's still now. It's not the past, it's not the future. It's now and it's always now.

So take your attention to the top of your head and feel the sensation on the top of your head however it feels right now, not how you'd like it to feel – there's no right or wrong. Feel the sensation of your eyelids on your eyes. Feel your breath going through your nostrils, your mouth, your lips, your tongue touching your palate. Feel your jaw, your chin, and keep breathing deeply into the belly.

Feel your shoulders. Go to your left shoulder, go down your arm to your left elbow, and feel inside your elbow. Then go down to your left hand and feel your hand and feel you thumb and each finger. Take your attention to your right shoulder and feel your shoulder. Go down your arm to your right elbow, then down to you hand. Feel your arms and hands. Keep breathing into the belly.

Take your attention to your chest, and as you breathe in and out through the nose, feel the gentle movement of your chest with the breath. Then go down to the abdomen. So much happens down here, not always comfortable. So really feel your abdomen rising and falling as your body is breathing. Your breath will naturally change. Sometimes you'll need to put a bit more effort into it. But effort is not the same as control.

Feel your thighs, feel you knees, your feet. Feel your spine from the top of the spine down your back to the bottom of the spine. Then again feel your whole body. Be aware of your whole body, the sensations in your body. Each time you realise you haven't been in your body – you've moved away into your imagination, which is what thinking is, bring your attention back to where you are right now which is here in your body.

You don't need to know that you're here. In fact, if you're really here you don't even know it. You can't think about being here. You can only be here in your body. So use the sensations in your body to keep bringing your attention back. Use your breath as an anchor. You don't need to look for anything, but you do need to be alert and watchful.